ADDICTION SERVICES

OF

PRINCE EDWARD ISLAND

ANNUAL REPORT
1981 - 1982

35V

TABLE OF CONTENTS

Overview of 1981-82 5

Organizational Chart..... 7

Addiction Advisory Committee..... 8

Central Office..... 9

Kings County Addiction Services..... 13

Queens County Addiction Services..... 21

Prince County Addiction Services..... 33

Financial Statements..... 44

DEPARTMENT OF HEALTH AND SOCIAL SERVICES

OFFICE OF THE MINISTER

February 25, 1983

Honourable J. A. Doiron
Lieutenant Governor
Province of Prince Edward Island

May It Please Your Honour:

I respectfully submit, for your consideration, the Annual Report of Addiction Services of Prince Edward Island for the period April 1, 1981 to March 31, 1982.

Respectfully Submitted,

Albert P. Fogarty
MINISTER RESPONSIBLE FOR
ADDICTION SERVICES OF
PRINCE EDWARD ISLAND

P.O. Box 2000, Charlottetown, Prince Edward Island, C1A 7N8

OVERVIEW OF 1981-82

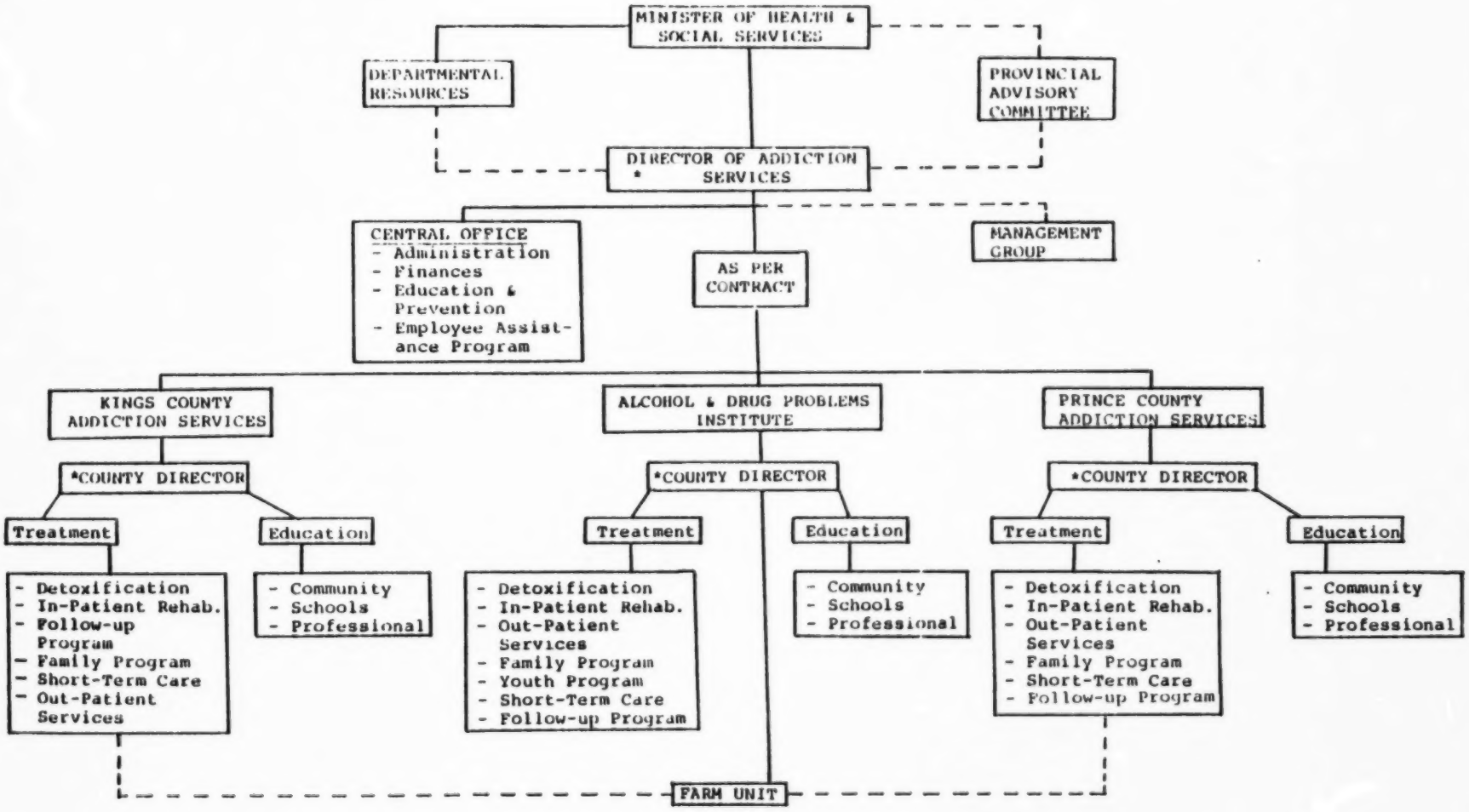
The fiscal year 1981-82 was the first full year of operation under the system inaugurated in October, 1980. The policy-making Board of Directors of Addiction Foundation of Prince Edward Island is now defunct and the overall program is now referred to as Addiction Services of Prince Edward Island. The nine-person provincial Advisory Committee continues to serve in an advisory capacity to the Minister responsible for addictions. Hon. James Lee retained this responsibility during this fiscal year although his personal status changed from Minister of Health and Social Services to Premier of the Province. The Director of Addiction Services assists and advises the Minister in the discharge of his duties.

The three private County Organizations continued to develop, implement and maintain education and treatment programs as required in the contracts signed with government. The three respective contractors (Kings County Addiction Services, Alcohol & Drug Problems Institute and Prince County Addiction Services) operate under the direction of a Board which sets policy, allocates funds and hires a County Director to administer its program. They entered into a new two-year agreement with government in December, 1981. This contract specifies that each agency must provide the following services within its county - detoxification, rehabilitation, short-term care, public information and awareness, and staff development.

During this period of establishing services the county groups continued to liaise and cooperate with each other as well as consult with government via the Director and his central office staff. Joint provincial activities were launched

(e.g. Drug Awareness Week) simultaneously with individual county advancements. Preliminary discussions were held to consider the necessary plans required for the implementation of the compulsory treatment component of the yet unproclaimed Addiction Services Act.

A full complement of services are now available in each county with varying formats but with relatively uniform content and approach. The ensuing report will provide specific details about the achievements and functions of each component of the overall system.


MINISTER OF HEALTH & SOCIAL SERVICES
DEPARTMENTAL RESOURCES
PROVINCIAL ADVISORY COMMITTEE
DIRECTOR OF ADDICTION SERVICES
CENTRAL OFFICE
- Administration
- Finances
- Education & Prevention
- Employee Assistance Program
AS PER CONTRACT
MANAGEMENT GROUP
KINGS COUNTY ADDICTION SERVICES
ALCOHOL & DRUG PROBLEMS INSTITUTE
PRINCE COUNTY ADDICTION SERVICES
*COUNTY DIRECTOR
*COUNTY DIRECTOR
*COUNTY DIRECTOR
Treatment
Education
Treatment
Education
Treatment
Education
- Detoxification
- In-Patient Rehab.
- Follow-up Program
- Family Program
- Short-Term Care
- Out-Patient Services
- Community
- Schools
- Professional
- Detoxification
- In-Patient Rehab.
- Out-Patient Services
- Family Program
- Youth Program
- Short-Term Care
- Follow-up Program
- Community
- Schools
- Professional
- Detoxification
- In-Patient Rehab.
- Out-Patient Services
- Family Program
- Short-Term Care
- Follow-up Program
- Community
- Schools
- Professional
FARM UNIT

ADDICTION ADVISORY COMMITTEE

Dr. Mark Triantafillou, Chairman

Dr. Sheldon Cameron

Mr. Fred Carver

Mr. Keith Cooke

Mr. Wendell Deagle

Mr. Peter Driscoll

Mr. Lloyd Lawless

Mr. Hillard MacKinnon

Mrs. Beatrice Reeves

Mr. Neil Young

CENTRAL OFFICE

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CENTRAL OFFICE

The structure which officially became operational in October, 1980, included the formation of a small central office under the supervision of the Director of Addiction Services of Prince Edward Island. During this fiscal year the Director's position continued to be held by Dr. Mark Triantafillou until his resignation December 1, 1981, and it was then assumed in an acting capacity by Mrs. Carol Pound until March 31, 1982. The Director, on government's behalf, is to establish guidelines and engage in an on-going monitoring and evaluation process with the contracted county agencies. In addition, he/she consults with the three County directors to discuss common concerns and possible mutual activities.

The Director supervises a staff of five persons who oversee the management of personnel and financial matters in consultation with the counties. In co-operation with the local organizations this staff also serves as a liaison with the business community to establish Employee Assistance Programs and is responsible for the development and implementation of research and prevention programs of a provincial nature.

The Director is the provincial representative on the federal-provincial "Sub-Committee on Alcohol and other Drugs" and the regional group of four Directors of addiction agencies in the Atlantic provinces. Our province actively participated in the first regional Drug Awareness Week that was co-operatively planned and held in November, 1981, as a result of discussions pursued by the latter group.

EMPLOYEE ASSISTANCE PROGRAMS AND PUBLIC RELATIONS

The Industrial Program Officer of Central Office promotes the development and implementation of Employee Assistance Programs within private businesses and all levels of government. The role of the program is: (a) to consult with both management and union representatives about their needs, (b) provide information programs re: E.A.P. for all employees, and (c) to conduct training sessions for supervisory and management personnel.

With the cooperation of the County agencies, this program provided seminars and workshops for approximately 210 individuals responsible for the implementation of E.A.P. programs in the workplace. One session of note was a one-day provincial workshop held during Drug Awareness Week (November 22 - 28, 1981) which featured Mr. Ken Fraser as the keynote speaker. Mr. Fraser is the National Co-Ordinator of the Employee Recovery Program for the Canadian Labor Congress.

The Industrial Program Officer also plays a key role in the preparation and presentation of public relations activities including the production of a quarterly publication titled the Addiction Examiner. He co-ordinated the media component of Drug Awareness Week, served on the Planning Committee for that Week, and implemented a one-month T.V. and radio advertising campaign for the month of July. The Industrial Program Officer also serves as our agency's representative on the Council on Smoking and Health and actively participated in the planning and implementation of activities for National Non-Smoking Week held in late January.

EDUCATION/PREVENTION PROGRAMS

Provincial education/prevention programs are co-ordinated by the Education Officer who also works on a consultation basis with county personnel. Co-operative regional programs are initiated at this level and included involvement in the planning process of two regional activities - Atlantic Drug Awareness Week and a regional conference titled "Youth in the 80's: Challenges and Decisions." Continued membership on the federal-provincial National Planning Committee maintains on-going contact with addiction training programs across the country. This working committee is in the development phase of a national "Addictions Counselling Training Package" which will be offered to all provincial addiction agencies.

The major activity of this department during this fiscal year was the co-ordination of the Planning Committee for the first provincial Drug Awareness Week campaign. This was implemented through the joint efforts of the County Education Co-ordinators and central office staff. Workshops, displays, school programs, public meetings, an extensive media campaign and support material distribution all placed emphasis on the Week's theme "Alcohol is a Drug too!". Funding for the Week's activities was provided by Central Office and Health and Welfare Canada through the "Dialogue on Drinking" program.

Additional activities during the year included the conducting of two-day sessions with four groups of nursing students with an average group size of 15 participants. A similar on-going one-day program was done with four groups of students from the Central School of Licensed Nursing Assistants with an average attendance of 7 persons. The Education Officer attended a three-day regional training program for the nationally produced resource kit "It's Just Your Nerves" and then organized, in conjunction with Health & Welfare Canada and the Women and Addictions Committee, a similar session for 25 volunteers and addiction workers in our province.

On-going discussions continue on a regular basis to consider joint inter-county and provincial efforts in the area of education/prevention.

KINGS COUNTY ADDICTION SERVICES

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BOARD OF DIRECTORS
KINGS COUNTY ADDICTION SERVICES
APRIL 1, 1981 - MARCH 31, 1982

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Mr. Ronnie Campbell

Mr. Fred Carver

Mr. Joe MacKinnon

Mr. Merlin McCarthy

Mr. Vernon Oatway

Mr. George Whiteway

MANAGEMENT PERSONNEL

Mrs. Peggy MacInnis	Kings County Director
Ms. Maureen McIver	Nursing Supervisor, Detox. Unit
Ms. Anne Tierney	Rehabilitation Supervisor (April 1/81 - Nov. 10/81; duties of this position assumed by County Director)
Dr. Don Cheverie	Medical Consultant
Dr. Don Vickerson	Medical Consultant

DETOXIFICATION AND FOLLOW-UP

The Detoxification Unit is located on Breakwater Street in Souris. It is a twelve-bed facility with ten beds for males and two for females. The average length of stay is 5-7 days for alcohol withdrawal and up to 21 days for withdrawal from other drugs such as prescribed medication.

The primary function of the Detox. is to provide a protective and controlled setting for individuals to withdraw from alcohol and other drugs. Minimum but effective sedation is used to prevent more serious complications of withdrawal such as hallucinosis, convulsions and delirium tremens.

A second function of the Detox. Unit is that of identification of the addiction and motivation of the client to further treatment. This is done through individual counselling and group sessions employing aids such as audio visual and cassette tapes and films. Upon discharge from Detox., clients are encouraged to participate in one of the following options:

1. Participation in the twenty-one day Rehabilitation Program at Georgetown House.
2. Those unwilling to enter a treatment program are encouraged to go to a self-help program of sobriety such as Alcoholics Anonymous.
3. Those unwilling to take the Rehab. program or go to a self-help group are asked to return to the Detox. on a weekly basis to participate in the Follow-up Group. Gradually some of these individuals might become involved in A.A. as well. There was a total attendance of 531 at these weekly meetings during this fiscal year.

A third function of the Detox. Unit is that of involvement with the families in the treatment of chemical dependency. This is strongly emphasized and families are contacted and offered counselling and referral to the self-help groups of Alanon. During this fiscal year 101 family counselling contacts were made.

Out-patient counselling services are also provided at the Souris Unit and Georgetown House and a total of 381 individual counselling sessions were held at both locations.

STATISTICAL SUMMARY

Total Number of Admissions	576
Total Number of Male Admissions	555 (96.3%)
Total Number of Female Admissions	21 (3.9%)
Total Number of New Admissions	82
Number of Individuals Served	250
Average Age	43.4 years
Average Length of Stay	4.8 days

PERCENTAGE DISTRIBUTION OF ADMISSIONS BY SOURCE OF REFERRAL

Friends/Neighbours	32.8%
Self	31.1%
Family	23.1%
R.C.M.P./Police	4.3%
Hospital/Physicians	2.7%
No Information	2.1%
Addictions Staff	1.6%
Other	1.4%
Clergy	.9%

REHABILITATION PROGRAM AND AFTERCARE

The Rehabilitation Program continues to operate out of Georgetown House on both a residential and out-patient basis. The main referral source for this program is the Detox. Unit and a great majority of these clients participate as residents at this facility. This part of the treatment process is designed to explore all aspects of chemical addiction with the use of audio-visual tapes, group therapy, counselling and discussion groups. Clients are encouraged to develop a long term recovery program and establish effective chemical-free lifestyles. Participants in this program are referred to weekly after-care sessions for a period of six months to a year. These sessions are conducted by the counsellors in two locations - Souris and Georgetown.

Staffing changes in this program during this fiscal year included the transfer of the Rehab. Supervisor to the Education and Information Program. One counsellor moved to the Detox. Unit in Souris to assist with counselling services there and assume responsibility for the Follow-Up Program. The two remaining addiction workers in Georgetown then operated the Rehab. program under the supervision of the County Director.

Involvement of the family in the treatment of chemical dependency is strongly emphasized and families are contacted, offered counselling and referred to self-help groups such as Alanon and Alateen.

The 10-bed Georgetown facility also serves as a residence for individuals who require extended half-way house care. Bed space is provided for that purpose as required.

STATISTICAL SUMMARY

Total Number of Admissions	103
Total Number of Male Admissions	100 (97%)
Total Number of Female Admissions	3 (3%)
Number of Individuals Served	94
Average Age	40.5 years
Average Length of Stay	24.6 days

OUT-PATIENT STATISTICS

Attendance at After-Care Meetings (Souris)	79
Attendance at After-Care Meetings (Georgetown)	185
Number of Individual Family Counselling Sessions	42

EDUCATION AND PREVENTION SERVICES

An on-going program in Education and Prevention Services began to materialize during the last five months of this fiscal year. The Education Officer, in consultation with the community and educational specialists in Kings County, made a commitment to implement education programs in the school system and other community groups.

An extensive drug information program was developed with a series of sessions comprised of an overview of drugs, the physical and psychological effects, local and national statistics on drug use and abuse, and factors relating to Canadian law and drug abuse. This initial program was presented during the Spring of 1982 in the school system and some community programs. Resources for these presentations included experienced volunteers, audio-visual materials, as well as the Education Officer. Plans are underway for the next phase of this program to include the following topics: "Drugs and Attitudes", "Drugs and Behavior", "Drug Independence" and "Alternatives to Drug Use."

Community programs included panels with volunteer and staff participation and films that dealt with particular subject areas requested by community groups. Minimal but up-to-date factual literature on drugs was provided to several school libraries within the county. The Education Officer also conducted a series of weekly training sessions with the staff of the Detox. Unit and co-ordinated several information displays at county schools, malls and community fairs.

The Education Officer was the catalyst in the formation of a group of health and social service professionals and paraprofessionals from throughout the county. This group meets regularly to discuss common issues, problems and resolutions in relation to education re: drug use and its consequences in the <u>whole</u> community.

STATISTICAL SUMMARY

Number of School Principals Contacted	16
Number of Sessions with Parent/Teacher Groups	12
Number of Sessions with Teachers Groups	12
Number of Sessions with Community Groups	7
Total Attendance of Student Groups (Grades 3 - 12)	866

STAFF DEVELOPMENT

Various training and development activities were made available to staff during the year. A number of staff participated in the rehabilitation program for training purposes and this proved to be a valuable learning experience. Other staff development programs included sessions sponsored by the Civil Service Commission's Staff Development and Training Branch, the U.P.E.I. Summer School on Addictions, national and regional conferences, and provincial sessions designed specifically for addiction workers.

QUEENS COUNTY ADDICTION SERVICES

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BOARD OF DIRECTORS
ALCOHOL AND DRUG PROBLEMS INSTITUTE
APRIL 1, 1981 - MARCH 31, 1982

Dr. Leo Killorn, President
Mr. Jack Blanchard (effective March, 1982)
Mr. Jim Brady
Mr. Joe Dorsey
Dr. Raymond Grant
Mr. Mike Hennessey
Mr. Ken Jenkins
Mrs. Helen Killorn
Ms. Gladys MacMillan
Mr. Mike O'Brien
Mr. Albert Ross
Dr. Ben Spears
Mr. Gordon Tweedy (effective March, 1982)

MANAGEMENT PERSONNEL

Dr. Leo Killorn	Queens County Director, Medical Consultant
Sister Bertha McCarthy	Nursing Supervisor, Detox. Unit
Mr. Frank Blackett	Food Service Manager
Mr. Hugh MacKinnon	Manager, Half-Way House (retired Dec. 15, 1981)
Mr. Peter MacLean	Manager, Half-Way House (effective Dec. 15, 1981)
Mr. Henry Grant	Manager, Farm Unit
Dr. Wenonah Foster	Medical Consultant

DETOXIFICATION UNIT - PHASE I

The Queens County Detoxification Unit continues to be located on the third floor of the Alcoholism Treatment Centre on University Avenue. This twenty-four bed Unit is available to both men and women for the protective withdrawal from alcohol, sedative chemicals and illegal drugs.

Referrals to this Unit are accepted from anyone in the community and admissions are determined by the availability of a bed and the perceived need. The staff provide medical supervision to residents in this phase of treatment as well as conduct an education program which is designed to assist in the motivational process towards further treatment. These information sessions consist of video tape presentations and discussion groups twice a day.

The occupancy rate for this fiscal year was 75.6% while the total admissions increased by 152 from the previous year. The per cent of new admissions increased slightly from 18.7% to 21.1%.

STATISTICAL SUMMARY

Total Number of Admissions	983
Total Number of Male Admissions	854 (86.9%)
Total Number of Female Admissions	129 (13.1%)
Total Number of New Admissions	208
Average Length of Stay	7 days - Male 8 days - Female

PERCENTAGE DISTRIBUTION OF ADMISSIONS BY AGE

Less than 20	2.2%
20 - 39 years	41.1%
40 - 59 years	41.6%
60 and over	15.1%

PERCENTAGE DISTRIBUTION OF ADMISSIONS BY SOURCE OF REFERRAL

Family	17 %
Self	29.2%
Hospital/Physician	24.5%
Friend/Neighbor	5 %
Jail/Police/Court	3.9%
Addictions Staff	14.7%
Other	5.7%

ASSESSMENT UNIT

The activities which were previously carried out at the Special Alcoholism Unit (namely emergency short-term care for police referrals) was provided by five beds on the third floor of the Alcoholism Treatment Centre. This arrangement remained as such until November 1, 1981, when the Unit was transferred to the basement and expanded to accommodate seven male persons. Twenty-four hour supervision is provided by one male attendant per shift and emergency medical care is provided as needed by the nursing staff from the Detox. Unit.

Refusal of a police referral is made if the client is displaying violent behavior or totally refuses to remain in the Unit. These persons are then transported by police to jail and may return to the Unit after discharge from there is they so desire.

The majority of persons admitted to the Assessment Unit leave of their own accord but a significant number are transferred to the Detox. Unit, a Half-Way House or the Fredericton Farm Unit.

STATISTICAL SUMMARY

Total Number of Referrals	951	
Total Number Accepted	748	
Total Number of Police Referrals	834	(87.7%)
Total Number of Non-Police Referrals	117	(12.3%)

RESIDENTIAL REHABILITATION PROGRAM

PHASE II

Accommodation for this 3-week residential program was expanded from twelve to fifteen male beds during this fiscal year. The female participants remain in the women's section of the Detox. Unit while involved in this program. The occupancy rate for this fiscal year was 67% and the majority of individuals (approximately 85%) completed the full program.

The purpose of this phase of treatment is to provide participants with insight into the nature of addiction problems and to motivate them towards developing a continuing recovery program. It also provides them with the opportunity to analyze their strengths and weaknesses and to begin to find solutions to their living problems.

The residents of Rehabilitation attend the morning orientation program at the out-patient facility on Beach Grove Road and then participate in afternoon group therapy sessions led by the Rehabilitation Counsellors at the Alcoholism Treatment Centre. There is extensive exposure to Alcoholics Anonymous through daily evening sessions conducted by a counsellor, weekly meetings provided by visiting A.A. groups, and attendance at outside community meetings.

STATISTICAL SUMMARY

Total Number of Admissions	236
Total Number of Individuals Served	227
Average Age	39 years
Average Length of Stay	18 days

OUT-PATIENT ORIENTATION PROGRAM

The morning Orientation Program consists of daily two-hour sessions for a three-week period at the Out-Patient facility on Beach Grove Road. The majority of persons attending these sessions are the participants from the Residential Rehab. Program while the remainder (43.5%) are out-patients. These sessions are also used for staff training or to provide information for interested community persons.

This program consists of video and audio tapes, lectures and discussions related to the physical, mental, emotional and spiritual aspects of alcoholism and other chemical dependency. A therapist presents these information sessions, serves as the intake worker for out-patients entering this program and provides individual follow-up counselling to these individuals.

Upon completion of this program, participants are directed and referred to weekly follow-up groups in combination with local A.A. meetings and possibly the chemical deterrent Antabuse.

STATISTICAL SUMMARY

Total Number of Individuals Served	453	
Total Number of Consultations	1,100	
Total Number of Out-Patients	197	(43.5%)
Total Number from Phase II Rehab.	256	(56.5%)

FOLLOW-UP PROGRAM - PHASE III

This phase of the program is available and recommended to all persons who have completed either the Residential Rehab. Program or the Out-Patient Orientation Program. During this fiscal year the number of groups was increased from three to five with a recommended length of attendance of six months. The weekly sessions serve to encourage those participating to continue with the recovery program which they developed in Phase II in addition to developing more appropriate living skills. Problem areas which persons are encountering in daily living may also be shared and resolved in these groups. A total of 405 individuals were served in this program in a total of approximately 200 group sessions that involved an overall attendance of about 2,200.

YOUTH PROGRAM

A therapist is also available to work with adolescents who are experiencing problems with alcohol and/or other chemicals. In addition to dealing with this group of young people, this counsellor also conducts 2-hour education sessions for junior high school students twice weekly.

Young people who are admitted to the Residential Rehab. Program are referred to the youth counsellor for appropriate follow-up or after-care. There is some involvement with children of alcoholics through the County's Family Program. An extension of this program is planned for the future since there appears to be a great need to provide assistance to this large group of young persons.

FAMILY PROGRAM

This service consists of individual and group work with family members of addicted persons. One family therapist operates this program and is responsible for contacting the families of all individuals involved in active treatment programs (i.e. residential Detox. and Rehab.). Referrals are also accepted from other segments of Addiction Services as well as directly from any community agency or individual.

Following individual interviews with the therapist, family members are directed to an information program which emphasizes alcoholism and other addictions as a family condition. The number of sessions in this open-ended weekly program was increased from six to ten during this fiscal year. Telephone contacts on a continuing basis are provided by the family counsellor as well as referrals to community meetings of the self-help groups of Alanon and Alateen.

STATISTICAL SUMMARY

Total Number of Consultations	2,397
Number of Group Sessions	83
Total Number in Group Attendance	1,155
Average Attendance	14

QUEENS COUNTY HALF-WAY HOUSE

The closure of the Special Alcoholism Unit at 205 Kent Street on March 31, 1981, allowed the bed capacity for Half-way House purposes to be expanded from ten to twenty-one at that facility. Accommodation is available for men only with a recommended length of stay of three months. All residents of the Unit are required to ingest the chemical deterrent Antabuse daily in order to reduce the incidence of impulsive drinking.

Mr. Hugh MacKinnon, the manager of the Half-Way House for ten years, retired during this fiscal year and was replaced by Peter MacLean. It is the manager's responsibility to co-ordinate the treatment activities in which the residents participate. Daily sessions are held which deal with exploring the resolution of social and occupational problems and a weekly therapy session is conducted by a counsellor from the Residential Program. The facility also hosts meetings of Alcoholics Anonymous twice weekly.

Approximately one-third of the residents of the Half-Way House are employed while staying there. At the conclusion of their stay, residents return to the community with the recommendation that they continue with the program at the Half-Way House on an out-patient basis.

STATISTICAL SUMMARY

Total Number of Admissions	152
Total Number of Individuals Served	93
Average length of Stay	41 days

FREDERICTON FARM UNIT

This Unit opened in January of 1980 as part of the federal government-sponsored Diversionary Project and now continues operation under the administration of Queens County Addiction Services. This 14-bed male Unit located in Fredericton, P.E.I. serves individuals from any area of the province. No specific length of stay is stipulated - some persons have stayed as long as a year. The facility is staffed by a Manager and attendants who conduct information sessions, co-ordinate work therapy and perform the cooking duties.

Activities for the Farm residents include the planting and harvesting of a large vegetable garden and caring for some livestock. An integral part of the treatment is participation in daily information sessions and a weekly meeting of Alcoholics Anonymous which is held at the facility. A therapy session is conducted once a week by a counsellor from another segment of the Queens County treatment services.

STATISTICAL SUMMARY

Total Number of Admissions	89
Total Number of Individuals Served	55
Average Length of Stay	55 days

EDUCATION PROGRAM

An Education Co-Ordinator is responsible for the planning and implementation of education/prevention activities for the County. Educational programs of a variety of formats were provided throughout the County with the assistance of other addiction workers and members of a volunteer Speakers' Bureau. Some of the groups reached through full-day and half-day information sessions included clergy, teachers, nursing students, community college students, police cadets and other helping professionals. Briefer presentations were made to community groups with a wide range of audiences - youth groups, Home and School, Women's Institute and church groups.

A major thrust of the education program during this fiscal year was the school program which placed special emphasis on grade 6 students. Also, an evening program was presented to approximately 500 parents and students from three junior high schools in the Charlottetown area.

Two workshops for addiction workers from across the Province were arranged through this department and the Summer School on Addiction Studies at U.P.E.I. was organized by this County's Education Co-Ordinator. This one-week summer program involved 49 participants from throughout the Maritime Provinces. A library of written and audio-visual materials is also maintained for use by staff and the community through the Education Program.

STATISTICAL SUMMARY

Group	Attendance
School Students	1,896*
Mature Students	240
Professionals and Staff	399
Youth Groups	97
Community Groups	916

*This number includes 400 students who attended the sessions referred to in the "Youth Program"

PRINCE COUNTY ADDICTION SERVICES

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BOARD OF DIRECTORS
PRINCE COUNTY ADDICTION SERVICES
APRIL 1, 1981 - MARCH 31, 1982

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Mr. Walter Callaghan

Mrs. Pauline Deighan

Mr. Blair Heeschen

Rev. Joseph LeClair

Mr. Neil MacLeod

Mr. Alan Montgomery

MANAGEMENT PERSONNEL

Mrs. Betty Campbell	Prince County Director
Mrs. Amy Gaudet	Nursing Supervisor, Detox. Unit
Mr. Peter McCloskey	Rehabilitation Supervisor
Mr. Tom Whittaker	Manager, St. Eleanor's House
Dr. Sheldon Cameron	Medical Consultant

DETOXIFICATION PROGRAM

The 17-bed Prince County Detox. Unit is located in the basement of the Nurses Residence at 216 Schurman Avenue in Summerside. The major objectives of this service are:

1) To offer medical detoxification with the maximum amount of safety and comfort.
2) To utilize this time for medical evaluation to detect other possible pathology that may be related to the addiction.
3) To instruct residents as to the nature of their problem and to motivate them to further treatment.

The average occupancy rate for this Unit during this year was 75% with a recommended stay of seven days. Under the supervision of qualified staff, individuals are discharged from the Unit free of mood-changing drugs. As soon as they are able, clients in Detox. are required to attend the Detox. Information Program which is designed to assist them in the identification of a problem and to motivate them to engage in a more long-term treatment program.

It is interesting to note that female admissions to this Unit increased by 5% from the previous year and that individuals who are less than 20 years old accounted for 4.5% of the total admissions as compared to 1.5% in 1980-81. Alcohol continues to be the major drug abused by both male (90.9%) and female (74.2%) clients but women report the combined use of alcohol and tranquillizers three times as frequently as men (24.7% vs. 8.4%).

STATISTICAL SUMMARY

Total Number of Admissions	771	
Total Number of Male Admissions	674	(87.4%)
Total Number of Female Admissions	97	(12.6%)
Total Number of Individuals Served	435	
Total Number of New Clients	149	
Average length of Stay	Male -	6 days
	Female -	10 days

PERCENTAGE DISTRIBUTION OF INDIVIDUALS
BY AGE

Age	Total %	Male	Female
Less than 20	4.5	3.1	11.6
20 - 39 Years	43.3	44.4	36.5
40 - 59 Years	38.7	39.2	36.5
60 and over	13.5	13.3	15.4

PERCENTAGE DISTRIBUTION OF ADMISSIONS
BY SOURCE OF REFERRAL

Family	28.2%
Self	27.5%
Hospitals/Physicians	18.9%
Friends/Neighbors	13.2%
Jail/Police/Court	4.1%
Staff	4.2%
Other Addiction Units	1 %
Other	2.9%

DETOX. VOLUNTEER FOLLOW-UP PROGRAM

This program is sponsored by the Prince County Addiction Advisory Committee. It operates under the direction of the Detox. Supervisor and a volunteer coordinator. Its objectives are:

1) To provide an ongoing community support system for clients, both during their stay in detox. and following discharge.
2) To assist follow-up services of Prince County Addiction Services.
3) To utilize valuable community volunteer workers.
4) To strengthen communication and maintain rapport between Prince County Addiction Services, the program of Alcoholics Anonymous and the general public.

The program operates according to a rotating monthly schedule set up by the coordinator. Teams of two volunteers visit the detox. unit twice a week to interview those residents who have given written consent to see them. During the visit, the person is encouraged to choose and make use of a contact from his or her own community for additional support when he returns home. The contact is immediately established by telephone and the individual's name and telephone number are recorded for future reference.

This program has been in operation for three years and has proven to be a valuable asset to Prince County Addiction Services. These dedicated volunteers are to be commended for their faithfulness to this program.

STATISTICAL SUMMARY

Number of Contacts Established		210
Summerside and Area	86	
West Prince	89	
East Prince	31	
Outside Prince County	4	

REHABILITATION PROGRAM

Prince County Addiction Services provides a 3-week treatment program for men and women on a residential or out-patient basis. The program does not merely advocate abstinence but promotes effective living without the use of mood altering chemicals.

Lectures, video tapes, group therapy discussion and guest speakers are used by the Counsellors to explore the many aspects of addictions while pointing out the guidelines to successful recovery. One to one counselling and the small group format allows for much individual attention.

Admission to the program is made at the beginning of each 3-week cycle so that participants are involved in a closed group with no new additions during the 21 days. During this fiscal year the vast majority of participants (93.6%) completed the program in an average group size of 11 persons. A break-down of treatment days indicated that non-residents accounted for 53.5% of the total participation while the remainder (46.5%) occupied space in the Detox. Unit or St. Eleanor's House while attending the sessions.

Emphasis is placed on the recognition of after-care as a critical component of the overall recovery program. Participants in the Rehab. program are moved into a weekly after-care session for a six-month period following completion of the program.

STATISTICAL SUMMARY

Total Number of Admissions	173	
Total Number of Female Admissions	48	(27.7%)
Total Number of Male Admissions	125	(72.3%)
Total Number of Individuals Served	172	
Total Number Completing Program	162	(93.6%)

PERCENTAGE DISTRIBUTION OF INDIVIDUALS

BY AGE

	Total %	Male	Female
Less than 20	2.9	3.2	2.1
20 - 39	48.3	49.2	45.8
40 - 59	41.9	40.3	45.8
60 and over	6.9	7.3	6.4

AFTER-CARE

Number of Group Sessions	52
Average Group Size	60
Total Group Attendance	3,120

FAMILY INFORMATION PROGRAM

This program is affiliated with the Rehab. Program and is considered an integral part of a recovery program for an alcohol or drug dependent individual. It is now recognized that provision of assistance to families and friends is often essential for their own well-being as well as that of the addicted person. Particular emphasis is placed on involving family members of those persons in active treatment.

The Family Counsellor conducts weekly two-hour evening sessions which consist of films, lectures and group discussions. This program is open ended and recycles every six weeks. The two general topics of "Addiction" and "Family Recovery" are addressed.

Individual counselling is provided as well as on-going contact with other appropriate agencies and self-help groups like Alanon and Alateen.

STATISTICAL SUMMARY

Number of Individuals Served	199
Number of Group Sessions	33
Total Group Attendance	240
Average Group Size	7

WEST PRINCE COUNSELLING SERVICE

The agency provides a community counselling resource in the western area of the county for individuals and families who are affected by alcoholism and other forms of chemical dependency. The service is an adjunct to the rehabilitation program and is intended to provide assessment, counselling and referral. It also provides individual follow-up counselling and a weekly follow-up group to residents of the area after discharge from treatment. Referrals are accepted from any community source.

This service is staffed by one full-time counsellor with assistance, as required, from other agency staff and a large complement of volunteers. The counsellor has office hours in the Western Hospital in Alberton on Mondays and Wednesdays and in O'Leary Regional Services Centre on Tuesdays and Thursdays. Once a week he holds a group meeting at the treatment facility in Summerside with individuals from West Prince who are in active treatment.

STATISTICAL SUMMARY

Total Number of Individuals Served	213	
	New 100	(47%)
Total Number of Home Visits	612	
Total Number of Group Sessions	96	
Total Number of Education/Prevention Sessions	10	

ST. ELEANOR'S HOUSE

A short-term care facility known as St. Eleanor's House is located at 571 South Drive in St. Eleanor's and provides accommodation for ten men. This house provides a home-like environment for persons who require extended support after initial treatment for chemical dependency. The program consists of discussion groups, films, individual counselling, and in-house and community meetings of Alcoholics Anonymous. Emphasis is placed on increasing vocational and social skills to prepare residents for a stable return to the community.

After a suitable period of time for program orientation and stabilization of the individual's physical and mental condition, the residents are encouraged to seek employment and regain family ties where possible. During this fiscal year, approximately 14% of the residents were employed while at St. Eleanor's House. Slightly more than one-half (51%) completed the recommended program which varies from 3-6 months in length.

STATISTICAL SUMMARY

Total Number of Admissions	51
Total Number of Individuals	48
Number of New Admissions	42 (82.3%)
Average Length of Stay	46 days

PERCENTAGE DISTRIBUTION OF INDIVIDUALS BY AGE

20 - 39 Years	47.9%
40 - 59 Years	41.7%
60 and over	10.4%

EDUCATION SERVICES

An Education Co-Ordinator was hired early in the fiscal year and assumed responsibility for the planning and implementation of education/prevention activities in the County. This program complements the treatment portion of Prince County's services in attempting to reduce drug problems in the County. The thrust of the education program is to minimize drug problems by dealing with them on an earlier basis.

This general aim is approached by (1) attempting to reduce the number of users that utilize drugs inappropriately (placing themselves at risk of dependency) and by (2) attempting to increase the number of chemically dependent individuals seeking early treatment.

Through media use, school and community workshops, youth work and the maintenance of a resource library, the education program operates in conjunction with the treatment program to reduce drug problems in Prince County. This education person was actively involved in the planning and implementation of Drug Awareness Week at the county and provincial level.

STATISTICAL SUMMARY

	School	Community	Professionals
Number of Sessions	23	15	9
Average Length of Session	33 min.	81 min.	93 min.
Average Group Size	33	32	16
Consultations	36	43	24

MISCELLANEOUS ACTIVITIES

Displays	8
Meetings	48
Media Activities	98
Professional Development	4
Other	14

ADDICTION SERVICES INC.

CHARLOTTETOWN, P.E.I.

FINANCIAL STATEMENTS

MARCH 31, 1982

Doane Raymond

AUDITORS' REPORT

Central Advisory Board of Addiction Services Inc.

We have examined the consolidated balance sheet of Addiction Services Inc. as at March 31, 1982 and the consolidated statement of revenue and expenditure for the year then ended. Our examination was made in accordance with generally accepted auditing standards, and accordingly included such tests and other procedures as we considered necessary in the circumstances.

In our opinion these consolidated financial statements present fairly the financial position of the corporation as at March 31, 1982 and the results of its operations for the year then ended in accordance with generally accepted governmental accounting principles applied on a basis consistent with that of the preceding year.

Charlottetown
Prince Edward Island

July 19, 1982

Doane Raymond.

Chartered Accountants

ADDICTION SERVICES INC.

CONSOLIDATED BALANCE SHEET

MARCH 31, 1982

ASSETS	1982	1981
Current		
Cash	$ 1,818	$ 1,947
Receivables (Note 2)	13,009	20,642
Prepaid expenses	262	2,367
	15,089	24,956
Land, buildings and equipment (Note 3)	298,172	299,385
	$313,261	$324,341
LIABILITIES		
Current		
Payables and accruals	$ 731	$ 1,722
Long term debt payable within one year	1,200	1,200
	1,931	2,922
Payable to the Province of Prince Edward Island	17,477	26,324
Long term (Note 4)	293,853	295,095
	$313,261	$324,341

ON BEHALF OF THE BOARD

.....Director

.....Director

ADDICTION SERVICES INC.

CONSOLIDATED STATEMENT OF REVENUE AND EXPENDITURE

YEAR ENDED MARCH 31, 1982

	1982	1981
Revenue		
Grant - Province of Prince Edward Island	$2,471,247	$2,034,384
Grant - Federal Government	52,269	
Patient fees	18,480	15,040
Miscellaneous	894	
	2,542,890	2,049,424
Expenditure		
Direct		
Detoxification	1,331,112	897,344
Rehabilitation	490,230	209,620
Short term care	372,358	273,676
Long term care	112,057	148,976
Special Alcoholism Unit		275,910
	2,305,757	1,805,526
Central office and administration		
Administration	3,602	12,221
Equipment	802	3,347
Materials and supplies	13,797	18,195
Professional fees	14,068	2,905
Salaries and benefits	121,603	181,933
Travel	11,616	13,190
	165,488	231,791
	2,471,245	2,037,317
Excess of revenue over expenditure	$ 71,645	$ 12,107

ADDICTION SERVICES INC.

NOTES TO CONSOLIDATED FINANCIAL STATEMENTS

MARCH 31, 1982

1. Accounting policies

(a) Consolidation

These consolidated financial statements include the accounts of Addiction Residences Inc. which was incorporated as a non profit organization in June, 1977 and is a wholly-owned subsidiary of Addiction Services Inc.

As of October, 1980 the services administered by the Addiction Foundation of Prince Edward Island were contracted out to three individual county boards. For the year ended March 31, 1982 the accounts are recorded on a consolidated basis for the province and administered by a central board under the name of Addiction Services Inc. However, the counties are charged with related expenditures and are budgeted accordingly.

(b) Depreciation

The charge for annual depreciation is equal to the principal reduction of the mortgages on the related properties for that year in accordance with the mortgage agreements on the particular properties.

(c) Furniture and equipment

Furniture and equipment are carried at a nominal value of $1. Purchases of equipment are treated as expenditure in the year they occur.

(d) Profit or loss

The profit or loss for the year is transferred to the Province of Prince Edward Island according to the accounting treatment policy of the Provincial Treasury Board.

2. Receivables

Receivables include a balance due from the federal government of $10,840 for the Special Alcoholic Unit. Final payment of this grant was received subsequent to March 31, 1982.

3. Land, buildings and equipment

	1982			1981
	Cost	Accumulated Depreciation	Net Book Value	Net Book Value
Land				
McQuaid	$ 30,000		$ 30,000	$ 30,000
Kings County Detox Centre	10,300		10,300	10,300
Fredericton Farm Unit	14,335		14,335	14,335
Buildings				
McQuaid	104,633	$ 1,325	103,308	103,776
Kings County Detox Centre	43,308	448	42,860	43,012
Fredericton Farm	84,853	814	84,039	84,310
Georgetown	19,000	5,671	13,329	13,651
Equipment	1		1	1
	$306,430	$ 8,258	$298,172	$299,385

4. Long term debt

	1982	1981
17 1/2% mortgage due 1982, amortized to 1994, repayable in equal monthly installments of principal and interest providing Georgetown property as security	$ 12,211	$ 12,562
11 1/2% mortgage due 1984, amortized to 2014, repayable in equal montly installments of principal and interest providing Fredericton Farm property as security	95,951	96,222
11% mortgage due 2014 repayable in equal monthly installments of principal and interest providing McQuaid property as security	134,689	135,157
9 5/8% mortgage due 2019 repayable in equal monthly installments of principal and interest providing The Kings County Detoxification Centre as security	52,202	52,354
	295,053	296,295
Amount payable within one year	1,200	1,200
	$293,853	$295,095

ADDICTION SERVICES INC.

DIRECT EXPENDITURES

YEAR ENDED MARCH 31, 1982

	1982				1981
	Queens County	Prince County	Kings County	Total	Total
Detoxification					
Administration	$ 53,658	$ 24,608	$ 13,129	$ 91,395	$ 43,643
Equipment	3,189	2,017	1,218	6,424	20,250
Materials and supplies	149,995	76,611	35,002	261,608	180,040
Professional services	18,622	11,805	1,702	32,129	13,702
Salaries and benefits	449,060	226,233	229,920	905,213	633,587
Travel	13,820	10,396	10,127	34,343	6,122
	688,344	351,670	291,098	1,331,112	897,344
Rehabilitation					
Salaries and benefits	225,669	142,219	122,342	490,230	200,141
Travel					9,479
	225,669	142,219	122,342	490,230	209,620
Short term care					
Administration	7,972	5,229	867	14,068	16,701
Equipment		545	209	754	1,974
Interest			2,091	2,091	2,086
Materials and supplies	39,154	26,043	20,052	85,249	47,577
Professional services	200	1,195	405	1,800	1,533
Salaries and benefits	116,359	90,255	61,782	268,396	201,998
Travel					1,807
	163,685	123,267	85,406	372,358	273,676
Long term care					
Administration	7,352			7,352	16,288
Equipment	1,217			1,217	
Materials and supplies	35,982			35,982	25,093
Salaries and benefits	67,506			67,506	106,471
Travel					1,124
	112,057			112,057	148,976
Special Alcoholism Unit					
Administration					10,713
Materials and supplies					43,476
Professional services					6,164
Salaries and benefits					215,557
					275,910
	$1,189,755	$617,156	$498,846	$2,305,757	$1,805,526

POOR

QUALITY

ORIGINAL